HOW TO TURN YOURSELF INTO A VIKING GOD

THOR'S PERSONAL TRAINER LETS YOU IN ON HOW TO GET THAT CHISELLED LOOK

PAGE 14, PLUS MORE AVENGERS COVERAGE, PAGE 12

WINNIPEG metro®

Tuesday, April 24, 2012

News worth sharing.

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CALLING ALL SUPERHEROES

They're real and they're masked, where it's legal. With numbers nearing 600, real-life superheroes are making their rounds in communities across Canada and the United States, preventing — and in some cases fighting — crime and performing acts of charity. Metro takes a look into their world. Story, pages 6-7. PETER TANGEN/FOR METRO

Yo-ho-ho

Underdog buccaneer seeks high-seas triumph in director Peter Lord's The Pirates! PAGE 11

Banker or broker?

An independent operator could get you a better mortgage rate

PAGE 17

Get more bang for your lunch buck

Gorge on super-sized pizzas, sandwiches and more at Loona Rosa PAGE 15

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1 NEWS

On the web

Bulldog has his day

Tyson, a beloved English bulldog, doesn't bite ears like his namesake, boxer Mike Tyson, but he does bear the title of champion. The two-year-old pup with a fetching face and a winning personality was crowned the winner of this year's "Beautiful Bulldog" pageant Monday in Des Moines, Iowa. Full story at metronews.ca.

A real hack job

Estonian hackers' cyber-gremlin could force users offline, warms both the FBI the Canadian Internet Registration Authority. Full story at metronews.ca.

Mobile news

Tweed-clad protesters upset that Abercrombie & Fitch's laid-back look will be coming to London's Savile Row took to the street Monday. The American chain is set to open in the same shop where the Beatles gave their final performance from the rooftop on Jan. 30, 1969. Scan for the story.

Online organ-donor website now up and running

SignUpForLife. Saving a person's life is now only one click of the mouse away

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Kristin Millar, who underwent a heart transplant this past January, said the new SignUpForLife.ca website will "save people's lives." BERNICE PONTANILLA/METRO

A new organ- and tissue-donor registry website, SignUpForLife.ca, was launched by the province on Monday.

"I very much believe the registry will save people's lives," said Kristin Millar, 28, a University of Winnipeg student who underwent a heart transplant this past January.

"I believe patients waiting for transplants still have their lives ahead of them — if people will sign up and start talking about it."

Any Manitoba resident 18 years of age or older with a valid Manitoba health card can register online. This information will be stored in a secure Manitoba eHealth database where the information will be accessible to authorized health professionals should the need ever materialize.

Millar shared her inspirational story at the press conference at the Millennium Library, where Premier Greg Selinger, with the help of Health Minister Theresa Oswald, signed up using a computer on site. It took him less than five minutes.

Bill Millar, Kristin's father, said the new website is fantastic.

"The numbers (of donors) have been going down and we need to reverse that," he said. "Anything to make it easier for people to make their wishes known."

Neil Koop, president of Heart Links Manitoba and a heart recipient six-and-a-half years ago, said his hope is that the more people sign up, the more awareness will be created.

"The more information there is out there about it, and the easier access, the more successful it will be," added Koop. "It will also make it much easier for medical teams to know the wishes of the people and respond to those wishes."

Koop said in addition to signing up on the website, Manitobans should also discuss their decision to donate with their families.

Nobody injured in overnight armed standoff

Police at the scene of an armed standoff Sunday night. SHANE GIBSON/METRO

An armed standoff at a home in Winnipeg's East Kildonan neighbourhood Sunday night ended peacefully.

A heavy police presence — including members of the Winnipeg Police Service's tactical unit and a police negotiator — was stationed outside a home in the 100 block of Eaglemere Drive around 6:45 p.m. Sunday, after officers were originally called to a domestic-violence-related incident, said police spokesperson Patrol Sgt. Natalie Aitken.

Aitken said a man was allegedly armed with a firearm, and was believed to be alone in the home.

Gulbaj Dhillon lives next door to the house surrounded by police and was one of many neighbours who were asked to stay away from their homes during the ongoing standoff.

He said the man who lives in the home next to his is married and has one teenage son and a foster daughter living with the family.

"He's a super quiet guy," said Dhillon, who's lived next to the family for three years. "I'm very surprised … because from such a quiet guy, you wouldn't expect this."

Officers negotiated with the man, and there were no reports of any injuries.

The man, 48, eventually came out of his home just after midnight and was arrested without incident.

Police said he faces weapons-related charges.

SHANE GIBSON/METRO

Blocked boulevard

Part of Lagimodiere Boulevard, just behind the home where the standoff was taking place, was blocked off to traffic during the incident.

New law

Limit on cellphone fees to take effect

A new law that limits cellphone fees is set to take effect in Manitoba.

The law, which passed the legislature last year, requires cellphone providers to clearly spell out how much they charge customers who cancel contracts.

The law also limits how high cancellation fees can be.

In many cases, customers need only pay the cost of a free phone they were given, on a pro-rated basis for the remaining length of their contract. Companies that provide cellphone services face fines of up to $1,000 for a first offence. The regulations come into effect Sept. 15. THE CANADIAN PRESS

Robbery

Police search for smoke thief

Police are looking for a suspect after a man stole cigarettes from a North End convenience store early Monday.

Officers were called to a convenience store in the 700 block of Mountain Avenue around 2 a.m. after a lone male entered the store, snuck behind the till area, and removed an undisclosed number of cigarettes before fleeing.

The man was not armed during the incident, and two employees on duty at the time, a 50-year-old man and a 61-year-old woman, were not injured.

The man is described as aboriginal with a shaved head, 25 to 30 years of age, and five-foot-six with a medium to heavy build.

Anyone with information is asked to call police at 986-6219 or CrimeStoppers at 786-TIPS.

SHANE GIBSON/METRO

For more local news visit metronews.ca/winnipeg

Construction. Ground breaks on new Hampton hotel in Winnipeg

A new hotel hopes to bring more new life to the airport neighbourhood and further investments to Winnipeg.

The six-floor, 135-room Hampton Inn Winnipeg Airport will be located at 730 Berry St., minutes from the airport and Polo Park Shopping Centre.

Sargent Berry Hospitality Inc. said it wants to contribute to the changing landscape and hopes to rejuvenate the area. The area was previously an empty lot.

"This is the main entrance to Winnipeg from the airport. Having a nice image here will definitely help and promote the city," said Anupam Kothari, president of Sargent Berry Hospitality Inc. which owns and will operate the property.

Kothari said the new hotel is just one more addition to Winnipeg's changing landscape that includes the Canadian Museum for Human Rights, the new Ikea store and the newly announced World Trade Centre.

"The more internationally known brands you have investing in the city, the better off you'll be.... It sends a message that Winnipeg is a good place to invest," Minister of Entrepreneurship, Training and Trade Peter Bjornson told Metro Winnipeg.

The Hampton brand has hotels in more than 80 countries, including 25 in Canada. This new mid-priced hotel will feature amenities like a salt-water pool and meeting space, and it will display local artisans' work.

"We have never seen a time ever where (the) city has thrived the way it is today," Mayor Sam Katz told supporters, government and city officials at the groundbreaking ceremony on Monday morning.

ALYSSA MCDONALD/FOR METRO

Completion

2013

The hotel is scheduled to be finished construction by spring 2013.

Donations mark a big boost for youth

From left, Mayor Sam Katz, Winnipeg Chamber of Commerce chair Brian Bowman and Albert El Tassi, at rear, present cheques to Kelly Holmes, executive director of Resource Assistance for Youth (RaY), and Leslie Spillett, executive director of Ka Ni Kanichihk. RaY and Ka Ni Kanichihk were recipients of a total of $27,000, with $8,500 each coming from the proceeds of the State of the City Address, and $5,000 each from local philanthropist and businessman El Tassi. BERNICE PONTANILLA/METRO

Manitoba Hells Angels

Wanted man turns himself in

One of four suspects wanted by Winnipeg police in connection with an investigation into the Manitoba chapter of the Hells Angels has turned himself in to police.

Police made 23 arrests as a result of Project Flatlined, an investigation that collected evidence to support a number of charges against alleged Hells Angels members as well as members of their puppet club, the Redlined Support Crew.

Over the weekend police released the names of four suspects still at large after all efforts to find them had proven unsuccessful.

Shawn Justin Colbert, 30, of Winnipeg, turned himself in to police Sunday and has been charged with eight counts of cocaine trafficking, possession of proceeds of crime, conspiracy to commit an indictable offence, and participation and commission of offence for a criminal organization.

Police are still looking for Adam Matthew Wood, 34, Jesse Richard Thomas, 27, and Jared James Irving, 26, all of Winnipeg.

SHANE GIBSON/METRO

ONE COUNCILLOR'S VOTE
It's a dead heat when it comes to the waterpark issue and one rookie councilor will make the decision at Wednesday's council meeting at City Hall. Old Kildonan councilor Devi Sharma told media Monday she is still doing her "due diligence" on a proposal to spend $7 million of public money on a privately-owned waterpark and hotel at The Forks across from the Canadian Museum for Human Rights.
PUBLICLY STATED IN FAVOUR:
Jeff Browaty (North Kildonan)
Scott Fielding (St. James-Brooklands)
Paula Havixbeck (Charleswood-Tuxedo)
Thomas Steen (Elmwood-East Kildonan)
Justin Swandel (St. Norbert)
Dan Vandal (St. Boniface)
Russ Wyatt (Transcona)
PUBLICLY OPPOSED:
Ross Eadie (Mynarski)
Jenny Gerbasi (Fort Rouge-East Fort Garry)
Brian Mayes (St. Vital)
Grant Nordman (St. Charles)
John Orlikow (River Heights-Fort Garry)
Mike Pagtakhan (Point Douglas)
Harvey Smith (Daniel McIntyre)
UNDECIDED
Devi Sharma (Old Kildonan)

Two years later. Murder charges laid in deaths of missing Alberta couple

A man long identified by police as a suspect in the deaths of an Alberta couple who were last seen nearly two years ago has been charged with first-degree murder in their deaths.

Mounties first named Travis Vader as a person of interest in the case on July 16, 2010 — 13 days after Lyle and Marie McCann were last seen alive and the same day their SUV was found east of Edson, Alta.

He has been in custody ever since on unrelated charges.

Investigators moved on the murder charges over the weekend even though the McCanns' bodies haven't been found.

"This is an excellent day. As a family, we're all relieved. We've waited a long time for this arrest,' said Bret McCann, the couple's son.

"What happened to my parents? We're hoping that this will come out and I'm actually hoping that Mr. Vader can in the short term here (provide) some of these answers and maybe help us locate my parents."

The McCanns left St. Albert, a city bordering northeast Edmonton, on July 3, 2010. They were heading to B.C. in their motorhome and towing their SUV. THE CANADIAN PRESS

B.C.

Ambrose condemns ads offering gender selection

The federal cabinet minister responsible for the status of women is condemning advertisements running in B.C. that offer gender selection for couples wanting a baby.

Rona Ambrose says she's disturbed by the ads that target B.C.'s Indo-Canadian community.

A clinic in Bellevue, Wash., offers pre-conception gender-determination services. Ambrose says the ads are contrary to Canadian values. THE CANADIAN PRESS

Oda repays taxpayers for upgrading her hotel

Conference on immunizations. Minister pays after media queries about her re-booking into a hotel at a much higher cost

Champagne tastes

"Can one night at the Savoy be justified? I suppose if you're in a high-flying rock band."

NDPer Nathan Cullen

International Development Minister Bev Oda repaid taxpayers Monday for the cost of rejecting one five-star hotel in London, England, and re-booking at a swankier establishment at more than double the rate.

Oda's office revealed the reimbursement about eight hours after The Canadian Press first reported the hefty lodging bills, and three days after the agency began asking questions about the expenses.

Spokesman Justin Broekema said Oda paid the fee difference between the two hotels, as well as the cancellation fee at the first one.

Oda was originally supposed to stay at the Grange St. Paul's Hotel, site of the conference on international immunizations she was attending.

Instead, she had staff re-book her into the posh Savoy overlooking the Thames, an old favourite of royalty and currently owned by Prince Alwaleed of Saudi Arabia.

The switcheroo is reminiscent of a controversial trip six years ago, when Oda rejected a minivan for transportation and opted for a limousine instead.

She reimbursed taxpayers for some of those costs after that story emerged in the news media.

Oda had a luxury car and driver in London shuttling her between conference site, her new hotel and beyond at an average cost of nearly $1,000 a day. There was no indication from her office whether any of those travel costs were reimbursed.

International Development Minister Bev Oda refused to stay at one five-star hotel in London last year and re-booked elsewhere at more than double the cost. BEN FISHER/THE CANADIAN PRESS

The bill for three nights at the Savoy last June set back taxpayers $1,995, or $665 a night. The government still had to pay for a night at the hotel she rejected, costing an additional $287.

A juice Oda expensed from the Savoy cost $16.

Oda has been criticized for champagne tastes in the past.

In 2006, she used limousines to ferry her to and from the Juno Awards ceremony in Halifax, racking up $5,475 in bills. THE CANADIAN PRESS

Zimmerman released from prison, awaits trial

George Zimmerman, left, walks out of jail. He posted bail on a $150,000 US bond on a second-degree murder charge. BRIAN BLANCO/THE ASSOCIATED PRESS

In a low-key event, George Zimmerman was released from a Florida jail on $150,000 US bail as he awaits his second-degree murder trial in the fatal shooting of unarmed teen Trayvon Martin.

The neighbourhood-watch volunteer was wearing a brown jacket and blue jeans and carrying a paper bag as he walked out of the Seminole County jail in the early morning darkness on Monday.

He was following another man and didn't look over at photographers gathered outside.

The two then got into a white BMW car and drove away.

Zimmerman gave no statement as he left the suburban Orlando jail.

His ultimate destination is being kept secret for his safety and it could be outside Florida.

As with the July 2011 release of Casey Anthony, the Florida woman acquitted of murder in the death of her young daughter, Zimmerman was released around midnight. But the similarities end there. Anthony was quickly whisked away by deputy sheriffs armed with rifles as angry protesters jeered her. While news helicopters briefly tracked her SUV through Orlando before she slipped from public view, there was no such pursuit of Zimmerman, who will have to return for trial.

Circuit Judge Kenneth Lester said at a hearing Friday that Zimmerman cannot have any guns and must observe a 7 p.m. to 6 a.m. curfew. Zimmerman also surrendered his passport.

Zimmerman had to put up 10 per cent, or $15,000, to make bail.

Zimmerman worked at a mortgage risk-management company at the time of the shooting and his wife is in nursing school.

A website was set up to collect donations for Zimmerman's defence fund. It is unclear how much has been raised.

Bail is not unheard of in second-degree murder cases, and legal experts had predicted it would be granted.

His attorney, Mark O'Mara, has ruled out Zimmerman getting a job while he is out on bail. And O'Mara wrote in court papers that Zimmerman "has no significant financial assets or savings."

Prosecutors had asked for $1 million bail, citing two previous scrapes Zimmerman had with the law, neither of which resulted in charges.

In 2005, he had to take anger-management courses after he was accused of attacking an undercover officer who was trying to arrest Zimmerman's friend.

In another incident, a girlfriend accused him of attacking her. THE ASSOCIATED PRESS

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Ball lost in Japanese tsunami retrieved by Alaskan couple

Long way from home. Couple plans to return inscribed ball belonging to Japanese teenager

A teenager who lost his home in Japan's devastating tsunami now knows that one prized possession survived: A soccer ball that drifted all the way to Alaska.

Officials from the National Oceanic and Atmospheric Administration say the ball with the youngster's name on it is one of the first pieces of debris from last year's tsunami to wash up on the other side of the Pacific.

A man found the ball while beachcombing on an Alaskan island, and his wife, who is Japanese, talked with its owner, 16-year-old Misaki Murakami, by phone over the weekend. They plan to send the ball back to him soon.

David and Yumi Baxter hold a soccer ball and a volleyball that David found at their house in Anchorage, Alaska. The Japanese teenage owner of the soccer ball had his name written on it. KYODO NEWS/THE ASSOCIATED PRESS

Murakami, from the town of Rikuzentakata, is surprised and thankful the soccer ball has been found more than 5,000 kilometres away.

"It was a big surprise. I've never imagined that my ball has reached Alaska," Murakami told public broadcaster NHK. "I've lost everything in the tsunami. So I'm delighted," he said. "I really want to say thank you for finding the ball."

He was particularly glad because all furniture and sentimental items in his home had been washed away in the March 11, 2011, tsunami, which devastated a long stretch of Japan's northeastern coast and killed about 19,000 people.

The ball, which also had messages of encouragement written on it, was given to him in 2005, when Murakami was in third grade, as a goodbye gift when he transferred to another school.

Debris from the tsunami initially formed a thick mass off Japan's northeastern coast and has since spread out across the Pacific.

David Baxter, a radar technician from Kasilof, Alaska, found Murakami's ball while beachcombing in March on Middleton Island.

THE ASSOCIATED PRESS

April snow showers

Snow blankets daffodils in Saranac Lake, N.Y. Soaking rain and high winds churned up the East Coast of Canada and the Northeastern U.S. Monday morning, unleashing a burst of winter and up to a foot of snow inland, closing some schools and sparking concerns of power outages. CHRIS KNIGHT/ADIRONDACK DAILY ENTERPRISE/THE ASSOCIATED PRESS

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The superheroes of your youth may no longer be complete fiction.
Across the globe, masked avengers guard the streets to prevent and fight crime.
Within a community that seems like a fantasy world, some people have pushed their childhood dreams further.
Approximately 600 superheroes, often disguised by costumes, protect their communities in different ways.
Alone or with teammates, these men and women patrol the streets of their cities to help those in need,
often risking their own lives. We call them:

REAL-LIFE SUPERH

Superheroes, from left, Life, Zetaman, Crimson Fist, KnightVigil, Super Hero, Mutinous Angel, Motor Mouth, Geist, Z, Thantos, DC's Guardian, Phantom Zero, Nyx, Ragensi, Deaths Head Moth, Civitron, Zimmer, Citizen Prime, Dark Guardian and Master Legend.

NADIA FEZZANI
For Metro Canada

Although some might think they're crazy, Real-Life Superheroes (RLSH) are regular people who want to make a difference in the world. They are journalists, teachers, bouncers, business people, truck drivers, cashiers. When they put on their masks or outfits, they become the superheroes they want to be.

Some patrol the streets at night to fight crime. Many raise funds and do charity work for specific causes. Many give aid to those affected by natural disasters. However, one specialty does not limit the causes to which an RLSH contributes.

Surprisingly, documented Real-Life Superheroes have existed since 1969. Until a couple of years ago they were underground, trying not to be noticed. Some superheroes have been active for more than 20 years.

Many RLSH are motivated by their personal experiences. A victim of domestic abuse might raise funds for the cause. And a victim of violent crime might patrol the streets to keep people safe. Some RLSH are seeking fame, others do it for fun.

Whatever the motivation may be, fulfilling the mandate is not an easy task.

Some superheroes work every other weekend, while others patrol three to five nights a week. Several of them have children.

With no financial help, it can be an expensive activity — many superheroes offer water, food and warm clothing to their "wards" who live on the street.

Equipment costs can run high — cameras, walkie-talkies, pepper spray, Tasers.

Costumes — or uniforms, as some call them — are another consideration. Some choose them to be friendly-looking while others want to intimidate law-breakers. Some can't be disguised at all, based on state and local law.

Depending on the danger of what they do, some superheroes must be cautious not to reveal their identities; the suspects they have helped get arrested could seek retaliation.

Does this sound like a job for you?

As Sage Michael reminds us in his book How to Become a SuperHero, not all fictional superheroes have super powers. Batman and Iron Man are the most human personas: Mortal, with strengths and weaknesses.

What is not negotiable: Good values, positive motivation and training for the task. Control and respect are important, too, as many new RLSH sometimes push the limit too far, becoming vigilantes. The goal is to use their strength for the right motives, to respect the law and let authorities do their work.

Quoted

"In 2007 there had been floods in Minnesota, so I bought a lot of supplies to distribute. After dropping them off in two cities, a pastor in Lewiston told me, 'If you can get into Stockton....' They got hit hard. There were mud slides and rock falls. The roads were barely passable. Homes were destroyed and there were several fatalities. The Salvation Army was at the emergency centre with a truck for support. I was also there with a small truck. As I was carrying the bags, I saw a highway patrolman on foot. Being in full costume, I momentarily surprised the officer, and he instinctively put his hand on his Taser. I asked, 'Where can I put these supplies?' He said, 'Ah! Right over here.' I said, 'OK, great! I have a truckload more.' He said, 'Do you want help?' And I said, 'No, sir! I'm a superhero.' And he laughed. I think it was the first laugh he had all day."

Geist.
This superhero devotes his efforts to helping the homeless and those touched by tragedy

In Metro Wednesday

- **Thantos.** Meet Vancouver's very own superhero.
- **Plus:** Female superheroes

In Metro Thursday

- **Super villains vs. Superheroes:** Who are super villains and what role do they play?

More at metronews.ca

- **Geist: The "Green Space-Cowboy" superhero.** Dressed in a long trench coat, cowboy hat and a green scarf covering his face, Geist's costume is often described as "green space-cowboy chic." He focuses his efforts to help those who need it most, the people whose lives have been touched by tragedy and homelessness.

EROES

PETER TANGEN/FOR METRO

Cross-border showdown. Canadian- vs. American-style superheroes

In Canada, violence is much less frequent than it is in the United States.

For that reason, Canadian RLSH are less likely to fight crime than they are to support social causes.

For example, some make presentations in schools to raise awareness about bullying; others raise funds to support the homeless.

In the United States, superheroes do similar things, but more superheroes will patrol the streets at night, concentrating on violent areas.

Depending on the state they live in, they may carry pepper spray and Tasers, and a few carry guns, which is illegal in Canada.

NADIA FEZZANI/FOR METRO CANADA

Get to know your friendly neighbourhood superheroes

From the West Coast to the East Coast, more than 15 RLSH are active in Canada. Some patrol the cities at night to fight crime, help others and provide first aid; others stand against bullying, perform community outreach and champion different causes.

CANADA

Aeon Star — Quebec City

Patrolling at night with his team, Aeon Star wants to "diminish violence and pass the message that anyone can make a difference. We raise funds for foundations that help victims of bullying and walks to schools and parks to make people aware of our availability in case they need help."

NADIA FEZZANI/ FOR METRO

Polarman — Iqaluit

Polarman visits schools to speak to children. "I wanted to help people. I am tired of seeing people always picking on those weaker then themselves, so I vow to fight back against bullies and all other forms of abuse. I try to get everyone to work together."

NADIA FEZZANI/ FOR METRO

Timber Wolf — Mississauga, Ont.

At the age of 17, Timber Wolf wanted to make his community a better place. "I just see all sorts of problems but I need the help of the people to fix them. I'm not a vigilante. I'm not beating up bad guys like in comic books." He wears a mask as a symbol for peace.

NADIA FEZZANI/FOR METRO

USA

Deaths Head Moth — Norfolk, Va.

With teammates from the Virginia Initiative, "we actively patrol our community and several other cities to prevent violent crimes." They also report crimes to authorities.

NADIA FEZZANI/ FOR METRO

Dark Guardian — New York

Dark Guardian confronts and exposes drug dealers in a N.Y.C. park. "I have seen a big difference." He also gives food and clothing to homeless people.

NADIA FEZZANI/ FOR METRO

Hazmat CitizenCrusader & Nightingale CfourOracle — Portland, Ore.

Hazmat and Nightingale perform homeless outreach and raise funds for charities like March of Dimes and shelter refurbishment. "We also participate in neighborhood-watch activities to a lesser extent, due to a low crime rate locally."

NADIA FEZZANI/ FOR METRO

Syrian government troops open fire only one day after UN visit

Bloodshed. Forces drove through a Hama neighbourhood firing automatic weapons, killing dozens of people

In this photo released by the official Syrian news agency SANA, a UN vehicle passes under a huge Syrian flag held by supporters of Syrian President Bashar Assad during the UN observers' visit to pro-regime neighbourhoods in Homs province, central Syria, on Monday. SANA/THE ASSOCIATED PRESS

Two days ago, crowds in the Syrian city of Hama welcomed a UN team sent in to observe a shaky truce. On Monday, government troops opened fire on the same streets, killing dozens, activists said, raising fears the regime is targeting opponents emboldened to protest by the UN monitors.

U.S. President Barack Obama and European countries announced new sanctions against Damascus, while the UN's political chief said the Syrian government has failed to implement the peace plan designed to end 13 months of deadly conflict that has killed more than 9,000 people.

The new bloodshed — the worst violence in the central city of Hama in months — came despite the ceasefire that went into effect April 12. Skepticism about the commitment to the truce by Syrian President Bashar Assad remains high among the regime's opponents and some of the peace plan's key backers, such as the United States.

UN political chief B. Lynn Pascoe told the Security Council that the Syrian government is still using heavy weapons against its people and has failed to implement key parts of the plan, such as releasing detainees and allowing peaceful demonstrations. The ceasefire is supposed to allow for dialogue on a political solution between Assad's regime and those seeking his ouster.

"Human-rights violations are still perpetrated with impunity," Pascoe said.

The UN has sent an advance team of 11 observers to Syria to push forward the peace plan put forth by envoy Kofi Annan. More monitors are due on the ground by the end of the month, the UN said, part of a mission of 300 in total.

While deaths nationwide dipped in recent days, the violence in Hama and elsewhere Monday suggested the regime was attacking those who voiced grievances to the observers.

THE ASSOCIATED PRESS

Quoted

"This was the punishment for the people of Hama because yesterday they were very brave when they met the UN monitors."

Activist Mousab Alhamadee, via Skype

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STOP WORRYING ABOUT MONEY!

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Robert Kiyosaki will not attend this event

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Tearful testimony

Hudson appears at murder trial of family members' accused killer

Oscar-winner Jennifer Hudson broke down in tears Monday while testifying at the trial of the man accused of killing her mother, brother and seven-year-old nephew in a jealous rage four years ago.

Hudson was the first witness called after prosecutors and attorneys for William Balfour finished their opening statements. During her brief but emotional testimony, she told jurors her family didn't want her sister to marry Balfour and she spoke about the last time she saw her family members.

Her voice broke as she described her reaction when her sister, Julia Hudson, told her she was going to marry Balfour.

"None of us wanted her to marry him," she said, her voice cracking and struggling to hold back tears. "We did not like how he treated her," she said.

Balfour has pleaded not guilty to three counts of first-degree murder in the October 2008 slayings.

THE ASSOCIATED PRESS

John Edwards trial. Prosecution witness possibly violated law

A key prosecution witness in the criminal trial of former presidential candidate John Edwards contacted other witnesses in the case to ask about their planned testimony, a possible violation of federal law, a judge said Monday.

U.S. District Court Judge Catherine C. Eagles said that former Edwards aide Andrew Young called the three other witnesses in the last two weeks. Eagles ruled that lawyers for Edwards could mention the improper contact to jurors in opening statements Monday, but barred them from using the term "witness tampering" or telling the jury that Young had a one-night stand with one of the other witnesses in 2007.

Young once falsely claimed paternity of the child Edwards fathered with his then-mistress Rielle Hunter in 2007. The former aide is potentially the government's most important witness as prosecutors seek to prove the then-married Democratic candidate masterminded a scheme to use nearly $1 million US provided by two wealthy campaign donors to help hide his pregnant mistress as he sought the White House in 2008.

Edwards, 58, has pleaded not guilty to six criminal counts related to alleged violations of federal campaign finance laws.

Former U.S. senator and presidential candidate John Edwards. GERRY BROOME/THE ASSOCIATED PRESS

The former candidate sat silently in the courtroom Monday morning as the lead federal prosecutor called him a man who would say or do anything to get elected president, including violating the law to hide his affair and keep his campaign viable.

"It wasn't just a marriage on the line," prosecutor David Harbach said. "If the affair went public, it would destroy his chance of becoming president, and he knew it.... He made a choice to break the law."

THE ASSOCIATED PRESS

Canada-EU free-trade talks near finish line

'End game.' Sticking points still remain in ongoing trade talks between Canada and the EU: Official

Free-trade talks with the European Union are nearing the "end game," although the most difficult issues still remain on the table, the head of the EU council said Monday.

Pia Olsen Dyhr, the Danish trade minister and president of the council, said she was optimistic a deal could be struck within six months.

"We are actually at the end game. At the moment, we have finalized 75 per cent. It's been one of the most forthcoming negotiations" the EU has ongoing, she told a news conference with Canadian Trade Minister Ed Fast.

"I see that coming soon and we might expect within a half a year we have finalized the agreement."

Fast was more circumspect in his comments, saying progress was being made at a "satisfactory pace" and he hoped for an agreement by the end of the year.

The talks on a comprehensive economic and trade agreement would establish the most wide-ranging trade deal Canada has ever entered, encompassing not only goods, but investment and services, and provincial and municipal government procurement.

Analysts have noted that Ottawa once promised a deal would be struck by the end of last year, suggesting that the contentious parts of the negotiations were proving more difficult to crack than expected.

That should have been anticipated, said trade lawyer Lawrence Herman of Cassels Brock LLP.

"There were probably over-optimistic forecasts on the timing," he said.

"The 75 per cent is probably right (but) the last 25 is going to be hard slogging."

Olsen Dyhr conceded the Canadian system of supply management for poultry, eggs and dairy — which Europe wants to scrap or curtail — and a mutually satisfactory definition of rules of origin have not been resolved. THE CANADIAN PRESS

Rules of origin

Rules of origin has emerged as a complex issue since some Canadian manufactured goods are integrated in North American and global supply chains.

- Agricultural subsidies are also the sticking point in Canada's attempt to join the Trans-Pacific Partnership trading bloc and is a difficult political issue for Ottawa, given the opposition from farmers.

Pooches picket too

American Airlines flight attendants and supporters picket in front of the American Airlines passenger terminal at San Francisco International Airport on Monday. Among other issues, the airline wants to eliminate 13,000 union jobs, freeze or terminate pension plans, curb health benefits, and reduce time off. PAUL SAKUMA/THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.91¢
(+0.16¢)

TSX
11,989.10 (-158.18)

OIL
$103.11 US (-77¢)

GOLD
$1,632.60 US (-$10.20)

Natural gas: $2.007 US (+8¢)
Dow Jones: 12,927.17 (-102.09)

Border security

Investigation into illegal dumping launched

The Canada Border Services Agency (CBSA) said Monday that it has launched an investigation into allegations of dumping of electrical transformers by South Korea.

The inquiry is regarding liquid dielectric transformers with a top capacity of 60,000 kilovolt amperes or more. THE CANADIAN PRESS

Medical marijuana

Canadian firm hopes to convert mine to grow-op

A Canadian biotechnology company wants to cultivate medical marijuana in a former copper mine in Michigan's Upper Peninsula.

Prairie Plant Systems of Saskatoon would need approval from state and federal officials to convert the mine. THE ASSOCIATED PRES

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NETWORKING AND THE ART OF MAKING FAKE FRIENDS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every once in a while — and always against my will — I find myself in a situation in which I am expected to "network." The thing about being a writer is that you end up becoming very skilled at typing, not talking. Consequently, standing in a room full of other less-than-chatty individuals can be painfully awkward.

We all know the importance of networking when it comes to job seeking. Maybe you know this from experience or from a professional development class or from your know-it-all uncle who is constantly reminding you: "It's not what you know, it's *who* you know."

I know a few MBA candidates who have been required to attend mandatory networking events to brush up on their schmoozing skills. Students learn the importance of eye contact, exchange glad-handing tips and go head-to-head against each other in timed business-card-collecting competitions.

Too much mix, not enough mingle

"These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression."

While these formal networking exercises seem a bit superficial, business logic suggests that a stellar resumé means nothing in a world where being unconnected results in being unemployed.

Unfortunately, this is bad news for introverted folk who do not excel at small talk with strangers. I might have plenty to say in writing, but social networking in real life is an entirely different story. My idea of "working the room" is nibbling on appetizers and hiding in a corner with my smartphone until it's appropriate to leave.

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

But even with a glass of wine in hand, I have a difficult time selling myself and an even harder time listening to everyone else's elevator pitch. I always find myself wondering, do we really have to have a conversation? Can't you just follow me on Twitter?

Yes, I realize this makes me sound socially inept, but hear me out. It's not that I'm bad with people — I actually think I'm quite good when it comes to socializing — but this form of instantaneous faux-friending just isn't my specialty.

I don't know how to win friends and influence people but I do know how to nurture real friendships over a long period of time, and that's far more important.

After all, at the end of the day, life isn't really about the number of business cards in your wallet.

Solving the networking puzzle, one piece at a time. ISTOCK

One of these things ain't like the other

E. LAZAREVA /FAR EAST RUSSIA ORCA PROJECT (FEROP)

Black sheep

World's first ever white orca found?

RUSSIA. Scientists have spotted what they believe to be the first ever all-white adult orca, or killer whale, off the coast of Russia's Kamchatka Peninsula in the north Pacific Ocean. The male, named Iceberg, was discovered by the international Far East Russia Orca Project (FEROP) near the Commander Islands. "He's a symbol of all that is pure, wild and extraordinarily exciting about the ocean," said Erich Hoyt, the co-head of FEROP.

METRO

Part of the pack

2 metres

Iceberg's dorsal fin, the first visible sign of this unique orca, spans two metres. He lives in a family "pod" with 12 relatives. Twelve years of research have shown that his pod is one of 61 identified orca units in the region. "This discovery is spectacular," says Hoyt, who also serves as a senior research fellow at the Whale and Dolphin Conservation Society.

60 seconds

Erich Hoyt

Is this whale albino?

We are currently not sure. We need to check his eyes for a pink pigmentation to be certain.

Is he perhaps treated differently because of his colouring?

Family bonds are very strong among orcas. There is no evidence that he is an outcast.

Is there a danger his life could be under threat?

The remoteness means he's away from human contact but recent seismic surveys for oil and gas in the region could disturb orcas in the future. This is something of concern.

You have found your white whale. Did anyone compare you to Ahab from Moby Dick?

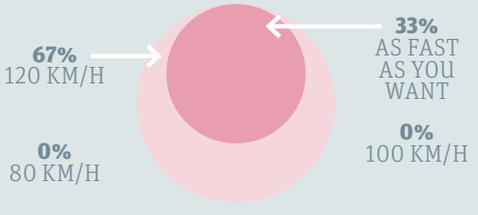
I hope not! From the time of Ahab, we have come a long way in terms of our understanding of whales.

ANTHONY JOHNSTON/METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How fast should you be allowed to drive on a large highway?



Twitter

@Neilfm16:
I'm curious does anyone else on Twitter feel like they are being followed?

@StaceySkreps:
I hate it when repair people are at my house because I can't leave my room to pee or eat or do anything

@AngryWinnipeger:
I don't want to do yard work, I miss winter.

@zenbecca:
Traffic report: Kenaston is assy. Avoid at all costs. #winnipeg

@gcabel:
No one told me how hard it is to pick your nose when its pierced. I'd rather have free range of my boogers than have a ring through my nose

@rhinicbez:
MTS, just try and limit my paid-for unlimited data. Just friggin' try me. #caseofthemondays

metro
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Hugh Grant is the voice of an inept pirate captain angling to be pirate of the year in The Pirates! Band of Misfits. HANDOUT

It's a pirate's life for director Peter Lord

Underdog story. In Lord's latest animated imagining, a nitwit pirate (voiced by Hugh Grant) pursues a pirate of the year award

STEVE GOW
scene@metronews.ca

Whether it's Wallace & Gromit or last year's Arthur Christmas, it seems the Aardman animation company deals in underdogs.

"I always do like those stories," said company co-founder Peter Lord recently in Toronto.

"It's definitely not part of the mandate but it does come very naturally, I have to say."

Now with his latest turn directing The Pirates! Band of Misfits (in theatres this Friday), the Oscar-nominated filmmaker brings to life another lovable nitwit in the Hugh Grant-voiced Pirate Captain — a delightfully inept swashbuckler with eyes on the Pirate of the Year award.

"The Captain is an interesting (character) because he's the underdog but he's quite blind to it," explained Lord.

"He's very unaware of what's going on around him so his complete unfittedness to be Pirate of the Year — he doesn't see at all and I find that charming. Delusion is charming."

Half of the strange allure is in the simple archetype of the pirate. For decades, seafaring buccaneers have been entertaining moviegoers of all ages — including Lord.

"It's as simple as this — kids like to see adults behaving badly," said the filmmaker. "These pirates, let's face it, they're not very dangerous, they're not going to hurt anyone. But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The challenge of making The Pirates! was a special kind of lure for Lord specifically. His love of the craft undeniable, Lord's reasons were straightforward in returning to traditional stop-motion animation after making the computer-generated Arthur Christmas.

"A million elves, that sounds like CG," said Lord. "But a wooden tub of a pirate ship with bits falling off it and a crew of shabby rogues on board — that sounds like stop-frame to me."

Quoted

"These pirates ... they're not very dangerous. ... But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The Pirates! Band of Misfits director Peter Lord

Comedic casting

Captain Hugh Grant

Peter Lord banked on Hugh Grant's comedic prowess when casting him as the Pirate Captain in The Pirates! "I really wanted a star for the thing. Hugh is probably the shining example of his generation of a comic actor (so) there was a kind of leap of faith there that he could do it," said Lord.

Pirate Pete

Two key films that inspired director Peter Lord:

- **Treasure Island (1950)** "Treasure Island is such a great story!"
- **Captain Blood (1935)** "There are some very great fight scenes, which we hope to use in the sequel."

DVD reviews

Contraband

Director. Baltasar Kormakur

Stars. Mark Wahlberg, Giovanni Ribisi, Kate Beckinsale

The proverbial "one last job" takes on family urgency when a former smuggling ace (Mark Wahlberg) is obliged to do a risky Panama run to save his wife (Kate Beckinsale) and kids from a vengeful drug lord (Giovanni Ribisi).

Director Baltasar Kormakur, who played the lead in the Icelandic original Reykjavik-Rotterdam, stays in close and dark in this heavily plotted drama, which doesn't really pick up steam until the final reel.

A smart tough-guy turn by Wahlberg gets good ensemble support (including Ben Foster and J.J. Simmons), all of which helps keep Contraband from being just another crime story.

So does the step-by-step procedural on the mechanics of smuggling, which perks interest even while the action threatens to flag. Extras include a director/producer commentary, deleted scenes and making-of featurettes..

PETER HOWELL

Sleeping Beauty

Director. Julia Leigh

Stars. Emilly Browning, Rachael Blake, Ewen Leslie

There are no handsome princes or enchanted forests in Sleeping Beauty. In fact, there's not a whole lot of anything, apart from carefully arrayed nudity and some kinky behaviour that daren't risk a censor's wrath. Eros snores.

This debut feature by Julia Leigh, an Australian novelist turned director, is afraid to explore the grim subject of female exploitation it meekly approaches. Extras include interviews and the movie's trailer.

PETER HOWELL

2

SCENE

Scene in brief

Giuliana and Bill expecting

Giuliana and Bill Rancic are having a baby. The child will be born later this summer via a gestational surrogate, meaning the baby will be genetically theirs but carried by another woman. Last fall, 37-year-old Giuliana announced she had breast cancer and later underwent a double mastectomy. She did not need chemotherapy. Giuliana is the host of E! News. Bill is a 40-year-old entrepreneur and motivational speaker who won the first season of Donald Trump's The Apprentice. Together, they co-star in a reality show on the Style Network called Giuliana & Bill. Much of the show has been devoted to their fertility issues.

THE ASSOCIATED PRESS

Rhoda Morgenstern memoir in the works

At last, the truth about Rhoda Morgenstern. Valerie Harper, the actress who played one of television's most beloved sidekicks, is working on a memoir called I Rhoda Book. The memoir is scheduled for January 2013 and would feature Harper's years on The Mary Tyler Moore Show and as star of the spinoff series Rhoda.

THE ASSOCIATED PRESS

On the web

Carrie Underwood, Miranda Lambert lead CMT Awards nominations

The villain speaks: Tom Hiddleston reprises his role as Loki in The Avengers

Being bad. Actor from Thor has the tough task of taking on six superheroes at the same time

NED EHRBAR
scene@metronews.ca

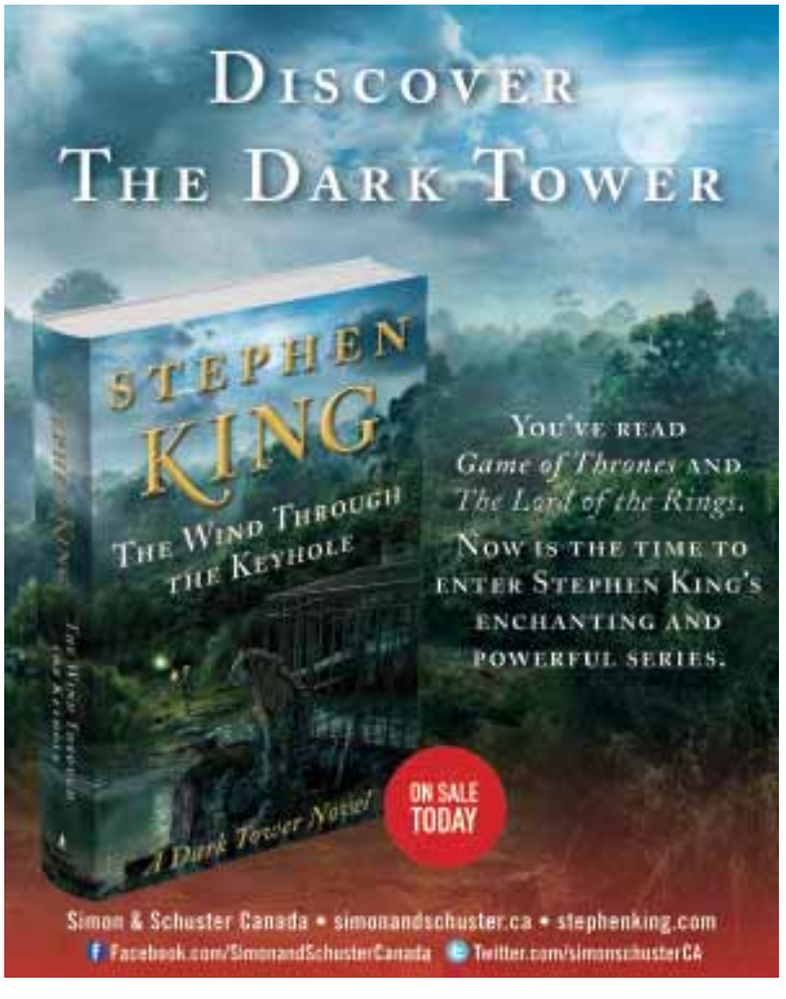
Actor Tom Hiddleston says he was giddy after seeing the finished Avengers at the film's premiere. HANDOUT

It takes quite a villain to require the combined forces of six superheroes — someone out of this world, perhaps. Luckily, British actor Tom Hiddleston is up to the challenge, reprising the role of the mischievous Loki from Thor, this time setting his godlike sights on Earth. We caught up with Hiddleston the day after The Avengers premiere.

How was the premiere?
This is the first time I've been able to really talk about the film. I really only saw it for the first time myself (at the premiere), so I'm kind of giddy with it. What was the most thrilling thing for me was how much people laughed. The whole film is laced with a very particular [director Joss] Whedon humour, and I think he should be very proud of that. I remember laughing at the script, but sometimes those laughs are dissipated or diluted somehow in the shoot or the post-production. But the thrill of listening to a whole theatre laughing so loud that you couldn't hear the next line is really great.

Do you think a big summer blockbuster needs to have that balance of humour and darkness and action to really make it a big movie?
I don't know if it's a necessity. I mean, I've seen big movies that don't make you laugh. They're still fantastic, and they can move you in different ways. You know, I loved the Dark Knight, but I don't remember laughing particularly loudly at it. Is it funny? Are there laughs in it?

How is it reprising a role, but with a new writer and director? How does it compare going from Kenneth Branagh, who directed Thor, to Joss Whedon?
What's surprising to most people is that they actually have so much in common. Ken is actually a really populist cinephile. Every Friday night, he's at the pictures with his wife watching the most genre or populist thing out there. And Joss is a huge Shakespeare buff. They both have this amazing handle on what good drama is, and my good fortune is that Joss saw an early cut of Thor just as we were coming to the end of shooting and he loved it. He just really dug it.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Agent Phil Coulson: The glue that binds Marvel

Clark Gregg is probably best known for playing Agent Phil Coulson in Iron Man, Iron Man 2 and Thor. Now Coulson is assigned the task of shepherding all the Marvel characters together for The Avengers. Metro sat down with Gregg to talk about what it's like being the 'weird uncle' who babysits a bunch of superheroes.

Clark Gregg once again plays Agent Phil Coulson in The Avengers. HANDOUT

You've appeared in most of these films as the guy rounding up the team. What's it been like from your perspective?
I wasn't quite sure how I was getting to be a part of this — it seemed so surprising. Something about the character was clicking. I was doing scenes in Iron Man 2 talking about going to New Mexico, and finally I pulled somebody aside and said, "What's in New Mexico?" And they were like, "Nobody talked to you? You're going to be in Thor. You're kind of in charge in New Mexico."

Do you have a favourite Avenger?
You know, it may sound like a copout, but Agent Coulson is not the father, certainly, of this dysfunctional family, but he is kind of like the weird uncle who babysits a lot. And I think there's a choice you make of just, "I'm never going to have a favourite." There's a special kind of snarky rapport with Tony Stark that Agent Coulson actually really enjoys.

Can you give us some fake spoilers to tide us over?
I guess the one thing that I can reveal as a fake spoiler is that what really at the end of the day brings the Avengers together is a Beat It-style dance-off with the alien invaders.

It makes sense given the success of Step Up.
That's exactly right. Avengers Step Up, yes. And it's good to get all the male Avengers in the catsuits, too. It's only fair.

NED EHRBAR

The Word

Drive it like Beckham

THE WORD
Dorothy Robinson
scene@metronews.ca

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Victoria Beckham. ALL PHOTOS GETTY IMAGES

For only $129,000, you can purchase an SUV designed by Victoria Beckham.

Because the rich don't have enough nonsense to spend their money on, Range Rover commissioned the former Spice Girl to help design a very limited edition of their new SUV, the Evoque.

Only 200 such vehicles will be made, with a price tag that is twice the cost of a regular model.

Does it matter that Beckham has zero experience in designing cars? Of course not!

"I did a lot of research — not just with cars, old and new, but boats, planes, movie stars, different locations," she told Reuters on Sunday in an interview in Beijing, where she was promoting the vehicle.

According to Reuters, the Beckham-designed vehicle features gold accents on the grille and gloss-black forged alloy wheels, as well as "vintage-inspired leather seats, rose gold-plated accents and … trimmings of black lacquer, textured aluminum and mohair."

"I want a car that reflects my personality. I'm really proud of this car," she told the Daily News.

Funny. You think a car that reflects Victoria Beckham would look eternally grumpy and be so tiny you could never fit into it.

Handler vs. Jolie rematch

Chelsea Handler

Chelsea Handler isn't letting go of her grudge. When asked in an interview with More magazine who she thinks is the opposite of a girls' girl, Handler says, "Probably Angelina Jolie. She doesn't strike me as someone I would have a close friendship with. You just know as a woman, when you see another woman, if that's a woman you can trust." Last year, Handler turned heads when she labeled Jolie "a home-wrecker."

Angelina Jolie

Sweet Katie, bah, bah, bah

Neil Diamond married his manager, Katie McNeil, this weekend in an intimate ceremony in Los Angeles, according to Us Weekly. The Sweet Caroline singer is 71, while McNeil is 42. Diamond took to Twitter last September to announce the engagement, posting, "Good news coming from sunny L.A., and you're the first I want to tell. Katie and I just got engaged, and I hope you wish us well."

Twitter

@octaviaspencer
very little tv here in Prague, so I am sure to be productive! still jetlagged. lots of rain in London

@ConanOBrien
Just heard the craziest recording of Mel Gibson speaking in calm and measured tones.

@adriengrenier
Thanks #TSA for another 'guilty until proven innocent' pat down at the airport. If we sacrifice freedom 4 safety & we sacrifice both.

@RichardDreyfuss
For the record: I thoroughly enjoyed the film Last Action Hero.

enter the pick your prius contest for your chance to win a new family member.

visit metronews.ca/pickyourpriuscontest to enter for your chance to win the prius of your choice*.

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*no purchase necessary. contest closes May 13, 2012. to register and for full contest details visit www.metronews.ca/pickyourpriuscontest.

3 LIFE

Health minute

Eat clean to look lean

Want to strip away your body fat and show those ripping muscles? Then eat what Mother Nature intended. Recipes from The Paleo Diet Cookbook by Dr. Loren Cordain are great if you want to attempt a clean and simple diet.

Controversial claim

Will new study hold water?

Thirsty? Scientists from the University of Bristol in England claim that proteins (molecules that allow us to convert food into energy, supply oxygen to our blood and muscles, and drive our immune systems) may not be dependent on water to survive and function. The controversial statement is currently challenging one of the key beliefs in chemistry.

METRO WORLD NEWS

On the web

Spiritual guru Deepak Chopra takes pointers from Oprah on her 'Lifeclass' tour

Triple threat

1 Scarlett Johansson

Having lost 10 pounds for the role in Iron Man 2, Johansson got back into kick-ass shape thanks to extensive martial arts training.

2 Robert Downey Jr.

His trainer, Brad Bose focused on resistance training using the rowing machine and treadmill and put him on a protein-rich diet.

3 Chris Evans

Evans' trainer, Simon Waterman, was told to make him look "lean, big and strong." After lots of squats and deadlifts, his body fat dwindled to 8 per cent.

Chris Hemsworth plays Thor, the hammer-wielding God of Thunder. HANDOUT

Try the Thor workout

Celebrity fitness. Want to get Thor-sized biceps and a chiseled Thor-so? His personal trainer shares secrets to getting ripped

ROMINA MCGUINNESS
Metro World News

All Gods have superhuman qualities. In Thor's case, he has superior strength and speed — and major biceps. Unfortunately, we mere mortals — including Hemsworth — have to work hard if we want to look the same, according to Mike Knight, Hemsworth's personal trainer.

"People want to be as powerful as a bodybuilder but at the same time be fast and look sleek and slender," he says. "Combining the two physical attributes isn't so easy, as it requires merging two different body types. However, it's not impossible."

To solve this problem, Knight created a system that can make you both lean and muscular.

How to get into superhero shape

Knight treated Hemsworth like an off-season bodybuilder:

"First I bulked him up and made him put on as much weight as possible. After that, I stripped off all body fat, leaving nothing but pure muscle."

PHASE ONE: The 'Building'

To reach his ideal weight of 235 pounds, Hemsworth spent 12 weeks doing classic bodybuilder exercises that included inclined presses, Turkish get-ups, windmills, bum squats and pull-ups. To add bulk, Knight integrated kettlebell weights, a great metabolic tool that builds up core strength.

According to Knight, the heavier a kettlebell, the safer.

"Never hold less than 50 pounds in each hand. Anything below that and you'll be tempted to use your arms to lift the weights. This is when you'll get hurt. When using kettlebells, you need to use your hips to do the lift," he warns.

Food for the Gods

What you eat is crucial if you want to be strong.

"Chris needed to bulk up, so it was a matter of upping his calories so that he could gain up to two pounds a week. Towards the end of training, he was eating 6,000 calories a day, but working out so much that he was burning them right off. His diet included huge quantities of grains, vegetables, lean protein and potatoes, on top of getting plenty of water and rest," Knight said.

By this point, Hemsworth was ripping through the arms of his Thor costume. Knight then had to get him back down to size.

PHASE TWO: 'Infusion' training

Once he had gained muscle, Hemsworth went on a four-week fat-loss plan.

He focused on 'infusion' training, a combination of bodybuilding and mixed martial arts. Knight devised a total-body circuit that included sledgehammers, log presses, prowler sprints and kettlebells.

"I had to get Chris moving quickly and constantly. Can't do a push-up? Hold a plank — so long as you keep doing something," says Knight.

The life of a God isn't all easy. HANDOUT

The caveman diet. Don't delude yourself — cutting the fat is the only answer

Chris Hemsworth ate like a caveman while prepping for his new movie — nothing other than clean foods that weren't loaded with garbage.

"Chris could eat anything that came off trees and from the ground, such as nuts and berries or things you could hunt," says Knight. "He cut out fake sugar, getting his fill from antioxidant-rich fruits such as blueberries, bananas and strawberries."

Hemsworth wasn't eating for pleasure, but for purpose: "If you want the statuesque body of someone like Hemsworth, then your purpose has to be being fit and healthy," says Knight.

The problem is that most people want both — they want to eat tasty, rich food and at the same time have a perfect body.

If you think that's possible, you're delusional.

Hemsworth may have played a God, but at the end of the day, he's only human. He got his body thanks to his determination and dedication. So quit looking for immediate results and follow his lead. ROMINA MCGUINNESS

Fighting form

Hemsworth's fitness secret:

- **To get fit, get fighting.** Outside of his grueling filming and fitness schedule, Hemsworth would blow off some steam with some Muay Thai kickboxing with the stunt team.

Ditch portion control and head to Loona Rosa for lunch

B.L.T. ($5.75) with homemade fries ($2). SVJETLANA MLINAREVIC

LUNCH RUSH
Svjetlana Mlinarevic
life@metronews.ca

Loona Rosa is a place a friend and I like to come when we want to gorge ourselves on an excessively large home-made pizza, loaded with toppings.

We sit in the cosy dining room and chat about what is going on in our lives, and try as we might, no matter how long we sit there, we never manage to finish the pizza.

Portion control is not an option at Loona Rosa and I am not exaggerating when I say that.

For example, the Veal Cutlet Lunch Platter ($9.95) with roasted potatoes had the largest cutlet I've seen yet with potatoes the size of a baby's arm.

The veal was tender, with a hint of allspice, and was smothered in an onion and mushroom gravy.

The other dish I tried was the bacon crammed B.L.T. ($5.75) with homemade fries ($2), both of which were delicious and fresh.

If you're looking for quantity at a good price then Loona Rosa is for you.

Visiting the restaurant

Loona Rosa

Address. 460 St. Mary's Rd.

Phone. 235-1289

Rating. 3/5

Price range. $2.25 - $27.45

Reservations. Yes

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Classic Cuban Pork Sandwich. Enjoy an easy to put together snack

This delicious sandwich can be enjoyed while watching a game or taking it on the run for those busy weeknights with the family.

1. Slice baguette in half lengthwise. Spread mustard on both sides of the bread. On bottom half of baguette, layer the ham, pork, cheese and pickles. Cover with other half of bread; slice in 4 equal sections. FINLANDIACHEESE.COM/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOK.CA)

Ingredients

- 4 oz (125 g) sliced peppered or herbed deli ham
- 4 oz (125 g) thinly sliced cooked pork loin
- 8 slices Gouda cheese
- 1/4 cup (60 mL) grainy mustard
- 1/2 cup (125 mL) sliced dill pickles
- 1 ciabatta loaf or vienna style baguette

Traditional jambalaya taste, minus calories

This recipe serves four. THE CANADIAN PRESS H/O

In this recipe, Rocco Dispirito replaces rice with Miracle Rice. A variety of shirataki noodle, it is an increasingly popular option for ultra-low-calorie noodle products. Miracle Rice has no calories, no fat, no carbs and no sodium. It resembles a large couscous and has an extremely mild flavour.

The result has just 233 calories and eight grams of fat per serving. Traditional recipes have 16 grams of fat and 767 calories.

1. Season chicken with salt and pepper.

2. In sauté pan over medium-high, heat oil. Once oil has starts to smoke, add chicken. Brown chicken 3 minutes, turning pieces once. Remove from pan and add sausage, browning 1 minute, turning pieces once.

3. Add adobo and chili powder and cook for 30 seconds. Add onions, then reduce heat to medium-low and caramelize them slowly until soft and browned, 6 to 8 minutes. Add pepper and garlic and cook until soft, about another 2 minutes.

4. Add browned chicken, broth, Miracle Rice and black beans. Bring to a simmer. Simmer, uncovered, over medium to low heat for about 5 minutes or until chicken is cooked through and sauce is slightly thickened. Season with salt and pepper and divide among 4 serving bowls.

THE ASSOCIATED PRESS/ ROCCO DISPIRITO, AUTHOR OF THE NOW EAT THIS! AND NOW EAT THIS! DIET COOKBOOKS.

Ingredients

- 4 large boneless, skinless chicken thighs, cut into 5-cm (2-inch) chunks (about 425 g/15 oz)
- Salt and ground black pepper, to taste
- 7 ml (1/2 tbsp) olive oil
- 90 g (3 oz) chicken and turkey andouille sausage, cut into 2.5-cm (1-inch) slices
- 5 ml (1 tsp) adobo powder
- 1 ml (1/4 tsp) chipotle chili powder
- 375 ml (1 1/2 cups) chopped yellow onion
- 250 ml (1 cup) chopped red bell pepper
- 2 cloves garlic, minced
- 150 ml (2/3 cup) reduced sodium chicken broth
- 2 pkgs (each 250 g/8 oz) Miracle Rice, rinsed
- 125 ml (1/2 cup) canned black beans, drained

Advice

In search of polygamy

Dear sisters,
My girlfriend and I have been together for more than two years and I think she's the woman I will end up marrying, but I still find myself wanting other women — to satisfy other parts of me. We've talked about having an open relationship and we're both into the idea. How do you suggest we approach this without destroying what we have?
Polyconfused

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear Big Love,

I'm very happy to hear that you've discussed this with your significant other before engaging someone else romantically. No one likes to be included in a decision only after it's been made. The fact that your girlfriend is open to the idea in theory doesn't mean that she will be in practice — she may be just going along with what you want, not realizing the emotional consequences that this could have.

Ask yourself: are you trying to fill in "the other parts" with more women, when they aren't the answer? If the answer is "maybe" or "yes," hit the brakes and re-evaluate. If not, best of luck, sir.

Claire: Dear Poly,

Of course you still crave other women — you're human. But asking me how to have an open relationship is like asking a vegetarian to eat headcheese — I simply don't get it.

The question is: what (other) parts of you need satisfying, and how important are these needs? Are you sure you can't fulfill them together? If not, I would lay down some very clear ground rules for you both, about where, how and what you do with these other people. From what little I know, this is essential to keeping the peace.

'This was an honest attempt to stay organized'

The (amusing) perils of urban dating.
Unusually organized online dater makes spreadsheet to keep matches straight

CASSANDRA GARRISON
Metro New York

One NYC finance worker's spreadsheet cataloging the eight women he had started dating from Match.com has backfired horribly — but hilariously.

Jezebel posted the man's spreadsheet, complete with details about each woman's appearance, personality and messaging interactions.

The site got hold of it after he (stupidly) told a woman he was dating about it and then emailed it to her so she could see it.

Apparently, it was just too good to keep to herself and so she started sending it around, which we thank her for.

We can't imagine that it's easy to keep track of eight women, so we can at least understand the concept behind creating a spreadsheet — but it still seems pretty ridiculous.

He organizes them by name, age, and online appearance in the form of a convenient scale from 1 to 10.

The initial comments/notes section includes his first impressions about the women.

They range from "mixed bag of pictures but great bod," to "Chanel makeup artist."

He keeps impeccable track of his dates and messages with the women, noting their first meeting locations.

Gramercy Park Hotel's Rose Bar seems to be a favourite of his.

His notes reveal that he was stood up by one of the women and another cancelled on him for "work-related" reasons.

One woman who he found to be an "OK girl, but very jappy" (by which we assume he means Jewish American Princess), he put in the "Monitor casually" column.

Another match "from Hawaii and San Francisco," he notes to himself to "Monitor closely."

The meticulously systematized dater admitted to Jezebel, "I work with spreadsheets a lot. It's a great additional tool. I work long days, go to the gym, go out on a couple of midweek dates or whatnot, get home late ... how am I going to remember them? I'm not. So I made the spreadsheets.

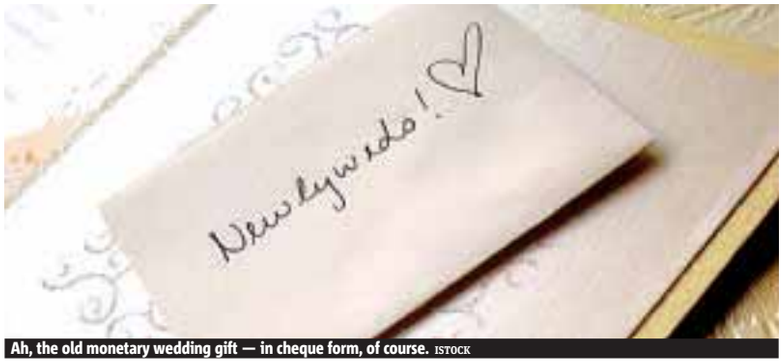
"My comments aren't malicious or mean. This was an honest attempt to stay organized."

Remember to be careful about what you send in emails. There's always the chance it could go viral. CONTRIBUTED

He also said he emailed the spreadsheet to his date because she was into spreadsheets, too.

Sounds like a real love connection, if you ask us, but alas, this scorned date-sorter said he will never be using Match.com again — he didn't, however, say anything about not using spreadsheets in the future.

Just be compliant, say good luck and move on



Ah, the old monetary wedding gift — in cheque form, of course. ISTOCK

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles, I recently got this mass email from a friend who just got married, and would really like to know what you think? Personally, I am offended. Thanks, Lisa

"I'm sending this message to all of you who gave us money for our wedding gift (the best gift of all if you ask me!). Some of you gave cash and some gave cheques, but I'm not sure who gave which. Of the cheques, some were made out to my maiden name and I was unable to cash them since I couldn't change my name with the bank until a few days ago (had to wait for the marriage certificate to do so). Now that I am able to cash them, I'm unable to find that special spot where I kept those cheques! If you provided us with a cheque made out to my maiden name, we would appreciate it if you could please provide us with a replacement cheque.

Dear Lisa,

Wow — what a conundrum, to say the least. I sincerely feel sorry for the bride, as I am sure she needs the money and it would help her as she starts her new married life.

However despite the bride being wrong, if by chance you gave a cheque and know that it has not been cashed, I would personally replace it and move on.

She doesn't know any better, so best to just leave it. And wish her the best as she starts her married life with her new husband.

Buying a house? Don't go to the bank

Mortgage alternative. An independent mortgage broker often has access to better rates and more flexible repayment terms

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

I sold my property last week and I'm in a mad scramble to find a new home. With my wish list in hand and a pre-approved mortgage under my belt, I'm confident I'll eventually find what I'm looking for.

Much to the chagrin of my financial planner, a bank employee, I've decided to use an independent mortgage broker rather than getting my mortgage from the bank.

Based on my research, mortgage brokers often have access to better rates and more flexible repayment terms.

Mike, my broker and an old pal from university, walked me through the pre-approved application process and reviewed my commitments to the bank where my existing mortgage resides. He then shopped my application around to multiple vendors and came back less than 24 hours later with a rock-bottom rate.

An independent mortgage broker isn't tied to any financial institution and instead works on your behalf, rather than the lender.

Because they are not employees of a lending institution, mortgage brokers are not limited in the products they can offer you.

They can seek out the best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies and insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

In most cases, mortgage brokers are free. When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender based on size of the mortgage, not the rate.

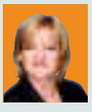
If you're thinking of using a mortgage broker, choose wisely. Get referrals from trusted friends or family members. Do your research in advance of meeting with them; know about current rates and structures. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

I love saving money, and based on my recent first-hand experience, using a mortgage broker will save me tens of thousands of dollars.

An independent broker isn't tied to a financial institution. ISTOCK IMAGES

Effecting change

Make your consumer voice heard



YOUR MONEY
Alison Griffiths
money@metronews.ca

Consumers can use spending as leverage. ISTOCK IMAGES

You have tremendous power as a consumer when you use spending as leverage.

Gasoline prices recently hit $4.93 a gallon in L.A. While Republicans are trying to pin it on President Obama, something amazing is occurring: American consumers are taking action. Through a combination of driving less and purchasing more fuel-efficient cars, they're using dramatically less gas.

According to the Federal Highway Administration, as of Jan. 1 the total number of vehicle miles driven was lower than any year since 2004, and gasoline consumption is down six per cent since 2007.

The mini-revolution taking place south of the border reminds us that though we often feel impotent as consumers, we do have the power to effect change. Here are three ways I'm going to make my consumer voice heard.

1. Say no to non-recyclable plastic containers

It drives me nuts that my favourite organic yogurt comes in a non-recyclable container. The company is negating the organic good by using the wrong type of packaging.

I will stop buying that brand and write a letter to the company to tell them why. From my experience, smart businesses pay close attention to each missive.

2. Cut my gas consumption

I already own a five-year-old Camry hybrid and I just replaced my 10-year-old farm truck, a Toyota Tundra, with a Ford 150 equipped with the Eco boost six-cylinder engine. It tows better than the eight-cylinder and gets almost twice the gas mileage.

Even so, I think I can conserve even more by cutting down on unnecessary trips, doing a longer list of errands each time I'm out and easing up on my pedal-to-the-metal tendency (my husband will be so pleased).

3. Deep six the phone companies

I'm sick of expensive phone service, the arcane complexity of the packages, numerous billing mistakes and interminable waiting in telephone queues to get service.

I intend to investigate alternatives such as Vonage, Skype, Convergia and MagicJack and perhaps move to a text-only cellphone package. If you have made the switch, let me know.

WHEN TO SELL YOUR GOLD

THERE HAS NEVER BEEN A BETTER TIME TO CASH IN ON JEWELRY, COINS AND OTHER PIECES THAT CONTAIN THE PRECIOUS METAL

Although the price of an ounce of gold has dropped significantly since November 2011, it still stands at more than $1,600, a three-fold increase since 2006.

Given these prices, it should come as no surprise to learn that the market for recycled gold (recovered from jewelry and other pieces) is strong. So how can you tell when the time is right to sell your gold?

People tend to buy gold either as an investment (e.g. gold bars, coins) or as an expression of affection (wedding ring, necklace, watch). For people who bought gold as an investment, deciding to sell can be relatively easy; if the value of your gold has increased enough and you feel you can do better by investing the money elsewhere, it's clearly time to sell. For those who bought gold for sentimental reasons, though, it can be a much harder decision. How do you feel about the piece now? If you sell, will you miss it a few years down the road? Bottom line: If the feeling is gone, so too is the reason for keeping the piece.

WHY SELL?

The most common reason people sell gold, of course, is that they need the money. Another reason to sell is if the gold is in a piece of jewelry that is damaged or broken.

If you have earrings without mates, for instance, a brooch with a clasp that no longer closes, an old watch that no longer tells time accurately, or a chain that is too twisted and kinked to wear, it may be a good time to sell. Jewelry repairs can be prohibitively expensive. A third common reason to sell is that the jewelry has gone out of style. The market for older jewelry is small, while there are many buyers for precious metals. If you do choose to sell, make sure to shop around for a reputable buyer.

– Peter Doyle

WHAT DO GOLD BUYERS LOOK FOR?

A gold piece usually has a hallmark — a stamp identifying the percentage of gold it contains. Look for these hallmarks: 8kt, 9kt, 10kt, 14kt, 18kt, 21kt, 22kt 24kt, 417, 585 or 750. Gold buyers will not be interested in pieces marked with 1/10 GF, 1/20 GF, EGP or GP.

FORTUNE OR JUNK?

That box full of jewelry on your dresser could be worth a fortune. On the other hand, it could be junk.

Here are some tips to separate the near worthless costume jewelry from the more precious pieces — and for the most part, you don't need any fancy equipment.

Put a magnet (any one will do, even a fridge magnet) near each piece of jewelry. Precious metals don't stick to a magnet, but most costume pieces are made of steel. So if that ring sticks to the magnet, it's probably not worth much.

Use a magnifying glass (again, almost any one will do) to inspect the pieces that didn't stick to the magnet to determine their karat (kt). The mark is typically not readily apparent — on the inside of the back of a ring, for example — and may be worn off or too small to see with the naked eye.

Separate the pieces into piles of different karats since each has a different weight. Gold jewelry can vary from as low as 8 karat to up to 24kt, but in Canada most jewelry is made of 10kt, 14kt or 18kt gold.

Weigh the various pieces separately on a scale that is calibrated in grams. Many ordinary kitchen scales have this capability (gold prices are quoted in troy ounces, each of which is equivalent to 31.1045 grams).

– Pauline Anderson

SELLING OR RECYCLING

YOUR GOLD SILVER OR PLATINUM?

TORCH AWARDS BBB 2010 WINNER MARKETPLACE ETHICS AND INTEGRITY Start With Trust

TORCH AWARDS BBB 2011 WINNER MARKETPLACE ETHICS AND INTEGRITY Start With Trust

Michael Gupton BScEng(Civil)
Co-founder, KMG Gold

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- Platinum Labware
- Anything Gold, Silver, Platinum

KMG GOLD IS THE ONLY TRUSTED SOURCE TO SELL SCRAP GOLD, SILVER, & PLATINUM

Michael Gupton and KMG Gold are the most trusted names in the Precious Metal Recycling Industry

With Gold prices hitting all-time highs, there's never been a better time to sell your scrap gold, silver and coins. Sadly, some gold buyers take advantage of people unaware of how much their gold is really worth. So how do you know who to sell to? **KMG Gold** is the only gold buyer in Canada to win a BBB Torch award for **Honesty, Ethics and Integrity.**

NO ONE ELSE
in Canada has won Better Business Bureau Torch Awards for ethics, integrity and honesty.

NO ONE ELSE
in the industry has done more to promote transparency and to educate consumers.

NO ONE ELSE
in the industry has the same in-depth knowledge and understanding of precious metals (Michael Gupton, published author and expert on environmental practices of gold mining).

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is a refiner of precious metals and not a middleman; KMG Gold customers can be confident that they will receive the highest payouts in the industry (confirmed by CBC News).

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CANADA'S GOLD BUYER SINCE 2007

SOLD YOUR GOLD?

WHAT'S THE BEST WAY TO SPEND YOUR MONEY

So you cleared out the old boxes of jewelry and commemorative coins and sold it to the highest bidder. What's the best way to spend the money? Assuming you don't need the money to pay next month's rent or this week's grocery bill, here are a few ideas:

TREAT YOUR HONEY

Only you know what your sweetie likes best (asking friends works, too). How nice the treat depends on how much you received for the gold: Indulgent chocolate, fancy clothes, a cruise?

GET SENTIMENTAL

If you recycled gold that was originally bought for sentimental reasons, why not put some of the proceeds into another sentimental pursuit, such as digitizing home movies. Most families have dozens of old photos, movies and videos that nobody looks at in the digital era. Digitizing movies, and scanning old slides and photos can be time-consuming and expensive, but there is no better way to reconnect with the past. Investing in a sentimental project is simply good karma.

CHARITY

Not all gold is mined equally. Many gold mines in African countries such as Burkina Faso and Niger use children as slave labour. Several charities, such as Save the Children and UNICEF, have projects that target children in those countries.

INVEST

This might sound like your dad, but put at least some of the money into something that will appreciate in value. Good luck in guessing what that is.

SAVE THE PLANET

As the saying goes, "think global, act local." One of the best things you can do for the environment is to support urban gardening — farming vegetables in the city. Urban gardens reconnect people with both the environment and with the food they eat. Several projects, such as the Davie Village Community Garden, were made possible by people who donated some combination of labour, money and expertise. If there is an urban garden project in your neighbourhood, donate some of your gold money to it; if there isn't project, use your money to start one!

– Peter Doyle

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FIND A BUYER YOU CAN TRUST

Once you have made the decision to sell your gold, how can you find a buyer you can trust? The Canadian Jewellers Association and Jewellers Vigilance Canada offer these helpful tips:

DO YOUR HOMEWORK

Know the current price of gold, and the weight and gold percentage of the pieces you want to sell. Gold percentage is calculated in karats — look for the karat stamp on your jewelry.

UNDERSTAND THE PROCESS

If a company wants you to leave jewelry for evaluation, make sure you get a detailed receipt. Ask if the piece will be sent offsite and how long it will take to get an offer to purchase.

GET AT LEAST THREE QUOTES

A reputable company usually has no qualms about providing free quotes. Be wary of anyone who tries to pressure you into quick sale. Businesses that buy gold in Canada are subject to municipal law.

BEWARE OF ONLINE COMPANIES

As with any online transaction, consumers need to be extra cautious when selling gold over the Internet. Always speak with a company representative via telephone and ask the same questions as you would in a store.

– Peter Doyle

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE: Made for iPhone

Buy For: $25

$25 FOR 10 30-MINUTE INFRARED SLIMMING SESSIONS AT VITALITY WELLNESS CENTER (A $370 VALUE)

Regular Price: $370

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OPTION 1: $42 FOR 2 PERSONALIZED PANDORA-STYLE BEADS AND A BRACELET
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SHIPPING COSTS INCLUDED FOR EACH OPTION

$10 FOR $20 TOWARDS PREMIUM FROZEN FOODS FROM FROZEN COMFORT

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4 SPORTS

CFL

Hargreaves added to Esks' arsenal

The Edmonton Eskimos signed free-agent receiver Aaron Hargreaves Monday.

Hargreaves spent the last four seasons with Winnipeg after being selected 15th overall in the 2008 CFL Canadian college draft.

THE CANADIAN PRESS

NHL

Eberle among Lady Byng finalists

Defenceman Brian Campbell of the Florida Panthers, Edmonton Oilers right-winger Jordan Eberle and left-winger Matt Moulson of the New York Islanders were named Monday as finalists for the Lady Byng Memorial Trophy.

The award is given for sportsmanship and gentlemanly conduct, in addition to a high standard of play.

Jordan Eberle GETTY IMAGES FILE

THE CANADIAN PRESS

NHL

Blues' Halak ruled out to start series

St. Louis goalie Jaroslav Halak will not play in the first two games of the Blues' upcoming playoff series against the Los Angeles Kings. He was injured in Game 2 of the Blues' series against San Jose. THE CANADIAN PRESS

MLB

"It's a very hard day for me. It's been a great, great run.... It's been beautiful."

Ivan Rodriguez. The 14-time all-star catcher announced his retirement Monday, ending a 21-season playing career spent mostly with the Texas Rangers.

Rangers take Sens to Game 7

Derek Stepan celebrates the Rangers' first goal against the Senators Monday at Scotiabank Place.
JOSE F. MORENO/THE COURIER-POST/THE ASSOCIATED PRESS

NHL. Richards, Stepan help New York avoid elimination and send series back to Madison Square Gardens

Put the upset on hold. The Ottawa Senators are going to have to win another game on Broadway to slay the Beasts of the East.

Brad Richards had a big goal and an assist while Derek Stepan added three points as the New York Rangers staved off elimination Monday with a 3-2 victory over Ottawa.

The series will be decided in Game 7 at Madison Square Garden on Thursday night.

Not even the return of captain Daniel Alfredsson in front of the fired-up home crowd at Scotiabank Place could spark the Sens to the final victory needed to eliminate the top seed in the Eastern Conference. Chants of "Alfie! Alfie! Alfie" rang throughout the building to add even more emotion to the occasion.

But it was some of the Rangers' slumbering scorers who answered the bell, with Stepan, Richards and Chris Kreider scoring goals during a momentum-swinging second period.

Chris Neil and Jason Spezza replied for Ottawa.

It was yet another game played in the mud and the trenches, which seemed to be just as the Senators wanted it. The underdogs had gained an upper hand in the series largely because of role players like Neil, who made a noticeable impact once again in Game 6.

The momentum seemed to be completely in Ottawa's favour when the first intermission hit, especially with goalie Craig Anderson locked into a lengthy shutout streak and looking sharp once again.

But the Senators lost their focus in the second period and saw the tide turn with the referees giving the Rangers four power plays in the frame.

A controversial call helped put the Rangers ahead for good.

New York received a lengthy 5-on-3 after Nick Foligno was sent off for goaltender interference — replays showed two Rangers players guiding him into Lundqvist — and Richards took advantage of the extra space by skating off the wall and beating Anderson high at 17:08. THE CANADIAN PRESS

By the numbers

11:11

Fans have come up with a way to honour what may be captain Daniel Alfredsson's final NHL season: When the game clock reaches 11:11 — Alfredsson wears No. 11 — the fans count down before repeatedly chanting "Alfie! Alfie! Alfie!".

Panthers-Devils

Florida scales back on rats

The rats can still fly — when appropriate — at Florida Panthers hockey games. They just won't be for sale there anymore. Florida announced Monday it will no longer sell the plastic toys for $5 US apiece at BankAtlantic Center, starting immediately. "This is a result of visiting fans throwing rats on the ice during the game," Panthers president Michael Yormark wrote on Twitter. It's all a nod to the 1995-96 season, when Florida went to the Stanley Cup finals.

THE ASSOCIATED PRESS

On the web

Albert Pujols got $240 million US to come to Los Angeles as a free agent in the off-season, but he has yet to hit a home run in an Angels uniform in 2012. The slugger is mired in the second longest homer-less drought of his career and that is just one of the Angels' worries. Scan the code for the story.

NHL. Canucks try to come to grips with early ousting

Now, the soul-searching begins for the Vancouver Canucks.

A season that began with hype and hope ended Sunday in disappointment and dismay. The Canucks lost 2-1 in overtime to the Los Angeles Kings in the fifth game of their Western Conference quarter-final series.

The underdog Kings only qualified for the playoffs in the final days of the regular season. But they beat a favoured Canucks squad that finished atop the NHL's overall standings for the second straight season by a decisive 4-1 count in the best-of-seven series.

"We're all very disappointed with how things turned out right now, and (we're) just going to step back and figure things out," said coach Alain Vigneault.

Vancouver's Henrik Sedin shakes hands Sunday with Kings goalie Jonathan Quick. RICH LAM/GETTY IMAGES

THE CANADIAN PRESS

MLB

Explanation in Braun drug case to be shelved?

People familiar with the case say there may never be a written decision explaining why Ryan Braun's drug suspension was overturned.

The arbitrator who threw out the 50-game suspension of the NL MVP has been asked by the players' union and management to hold off giving his reasoning while they negotiate changes to their rules for collecting specimens.

THE ASSOCIATED PRESS

Clemens. Gloves come off in opening statements

Prosecutors are painting Roger Clemens as a man who told lies and tells "other lies to cover up lies" after the court seated a jury that includes seven people who said they've never heard of the seven-time Cy Young Award winner now being retried on charges of lying to Congress.

Prosecutor Steven Durham made his opening statement Monday. He called Clemens a "great baseball player" who engaged in a "story of deceit and dishonesty and betrayal" instead of acknowledging alleged use of steroids and human growth hormone.

Back in court

Roger Clemens is accused of lying when he said he never used steroids or HGH at a 2008 congressional hearing and at a deposition that preceded it. The case is back in court after a mistrial last year.

On the fifth day of the trial, the court finally seated 12 jurors and four alternates. The 10 women and six men mostly said they didn't follow baseball or know much about Clemens.

THE ASSOCIATED PRESS

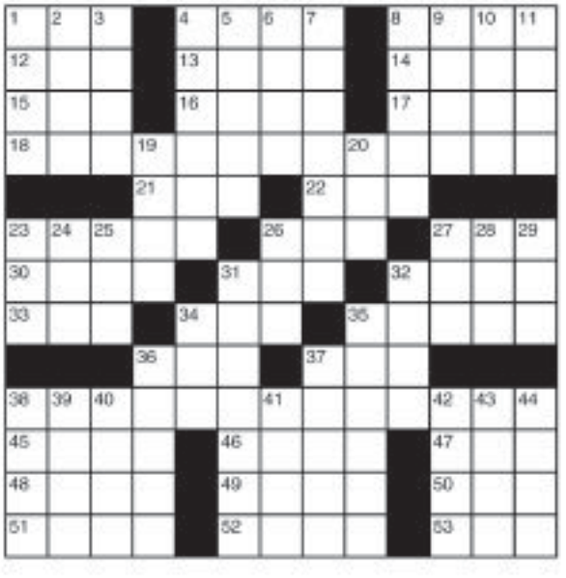
Crossword

Across

1 Wanted-poster abbr.
4 Throat clearer
8 Impale
12 In the thick of
13 Prolonged sleep
14 "The Music Man" locale
15 Put off paåying
16 Invent a word
17 Succeed at horticulture
18 TV show set in Arlen, Texas
21 Mule's daddy
22 Feedbag tidbit
23 Dangle a carrot
26 Supporting
27 Indispensable
30 Woodwind
31 Spitball
32 Jazz style
33 — -Wan Kenobi
34 Zero-star review
35 Fills till full
36 Sandy's comment
37 Shade provider
38 Pennsylvania town
45 Bloodhound's clue
46 Rings around the collar?
47 URL end
48 Unescorted
49 Apiece
50 Packed away
51 Lotion additive
52 Dispatch
53 Took off

Down

1 Uncontrollable
2 Chinese gooseberry
3 Mideast gulf
4 Approach aggressively
5 Stock footage?
6 Send forth
7 Boy's eventual status
8 Vision
9 Actress Spelling
10 MPs' captive
11 Wail loudly
19 Yawn
20 Corn spike
23 Excessively
24 Undergo recession
25 "Ostentatious? —?"
26 Enthusiast
27 DIY buy
28 Enos' granny
29 "Undeniably"
31 Brunch entree
32 Predicaments
34 Expert
35 Like wet snow
36 Correspond
37 "All My Children" role
38 Caffeine-rich nut
39 "American —"
40 Admonition to Nanette
41 Ring out
42 Cicatrix
43 Tittle
44 Congregation's cry



Sudoku

	1	3					9	
7					5		6	
6			8		9	3		
	4			8		5		9
9		2		4			1	
		6	4		2			7
	5		1					4
	9					1	2	

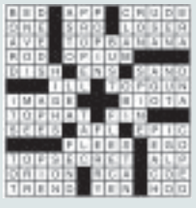
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	1	7	8	5	2	6	3
2	3	7	4	6	9	1	8	5
6	5	8	3	2	1	9	7	4
1	2	6	9	3	8	5	4	7
5	7	3	1	4	6	8	2	9
9	8	4	5	7	2	6	3	1
8	4	5	2	9	3	7	1	6
3	1	2	6	5	7	4	9	8
7	6	9	8	1	4	3	5	2

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q IYRUQMIQAU, WYYCXAF CXJY XU LXLA'U EKQIFY YAZMFK WZI WXCCYUR, LYEXLYL UZ IQXRY UKY RUYQJR.

Yesterday's Cryptoquip: SUPPOSING YOU HAD YOUR PICTURE TAKEN BY A BIG ALASKAN BEAR, I'D CALL THAT A KODIAK MOMENT.

Today's Cryptoquip Clue: L equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 22° MIN: 6°	MAX: 13° MIN: 8°	MAX: 8° MIN: -6°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

Aries | March 21 - April 20. Partners and colleagues will happily shovel more work in your direction today – and you will happily shove it back at them.

Taurus | April 21 - May 21. You will be hugely assertive over the next few days.

Gemini | May 22 - June 20. Someone may have let you down once but that does not mean they will let you down again.

Cancer | June 21 - July 22. If there is something that needs doing in your life that you feel is beyond your capabilities then call in an expert.

Leo | July 23 - Aug. 22. Try not to make a bad impression on someone you have to deal with.

Virgo | Aug. 23 - Sept. 22. This will be one of those wonderful days when everything goes right for you, even if you do the wrong things.

Libra | Sept. 23 - Oct. 22. Whatever the majority opinion happens to be at the moment you will take the opposing view, just for the fun of it.

Scorpio | Oct. 23 - Nov. 21. Do you have secret enemies? Maybe. Are they lining up to stab you in the back? Of course not.

Sagittarius | Nov. 22 - Dec. 21. Get your chores out of the way as quickly as possible.

Capricorn | Dec. 22 - Jan 20. This is potentially one of the best days of the year for you as the Sun and Mars join forces across the most dynamic angles of your chart.

Aquarius | Jan. 21 - Feb 18. Just because you don't much like someone does not mean you cannot work together on the same team.

Pisces | Feb. 19 - March 20. You have been quietly working away behind the scenes and very soon will get the breakthrough you have been hoping for. When it arrives stay calm and resist the urge to make a big thing of it. Modesty is your strength.

SALLY BROMPTON

Caption Contest

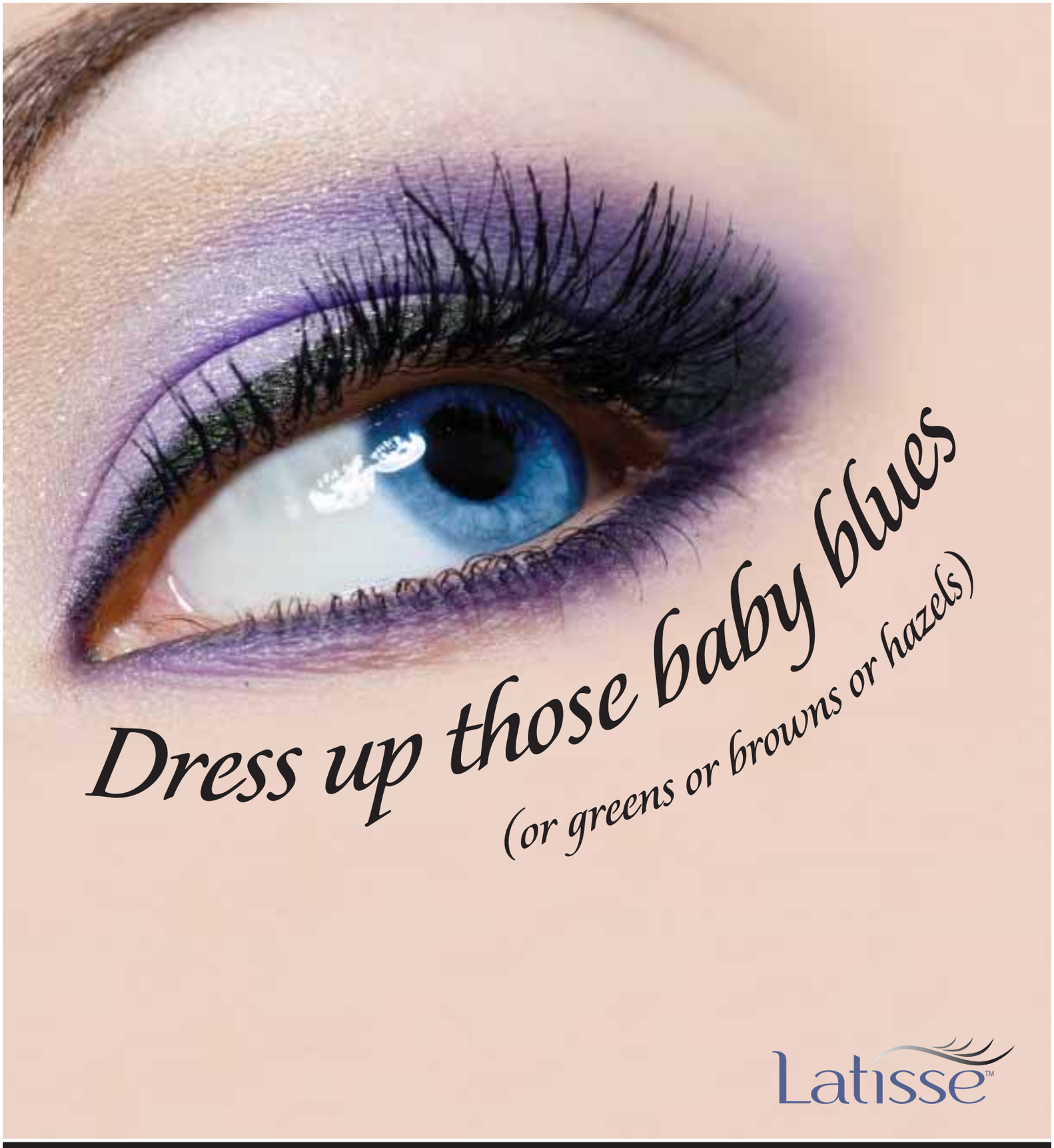
Tell Lady GaGa my beard is not for sale!
Agatha

FELIX KAESTLE/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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